

**UNITE
FOR
GOOD**

Rotary
Club of
**ORGAN DONATION
INTERNATIONAL**



**LET'S
INSPIRE !**

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NEW STEP

Weekly Bulletin of the Rotary Club of Organ Donation International

UNITE FOR GOOD **Rotary Club of ORGAN DONATION INTERNATIONAL** **LET'S INSPIRE !**

ROTARY CLUB OF ORGAN DONATION INTERNATIONAL

KIDNEY HEALTH FOR ALL



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Inspire President
Rotary Club of
Organ Donation
International



Rtn Lal Goel
Founder &
Charter President
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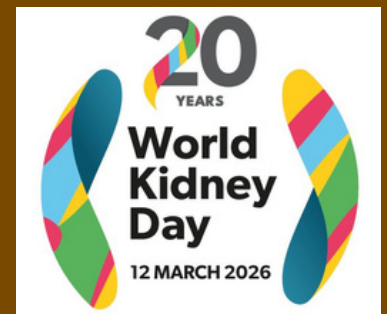
Rtn Ruby Agarwal
Inspire Secretary



Rtn Jyoti Galada
Member

Time & Date: 8 PM on Sunday 15th March 2026

Watch live on <https://www.youtube.com/@gyan8932>



**Kidney Health for All –
Caring for People, Protecting the Planet**
DONATE ORGANS

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FROM THE DESK OF CHIEF MANAGING EDITOR



Dear Fellow Rotarians and Esteemed Members,

For the past two decades, the world has observed World Kidney Day on the second Thursday of March. While such observances help raise awareness, an important question remains: Is observing a day enough when thousands of patients continue to suffer and lose their lives due to kidney failure and the shortage of organ donors? This issue features a thought-provoking article, "Saving Lives Through Kidney Health and Organ Donation," which examines the growing burden of kidney disease worldwide and particularly in India, where the gap between patients awaiting transplants and available organs remains alarmingly wide.

I am delighted to share that our President-Elect, Rtn Hemalatha Bhandari, has penned a beautiful and creative poem titled "Love Your Kidneys, Leave a Legacy." Interestingly, the first letter of each line forms the words WORLD KIDNEY DAY, making it both meaningful and memorable. I am confident our readers will truly enjoy this unique expression dedicated to kidney health awareness.

In our popular segment "Healthy Food - Healthy Organs," our Inspire Secretary Rtn Ruby Agarwal presents a delightful and healthy recipe — Sugar-Free & Oil-Free Bottle Gourd (Lauki) Halwa. This delicious dessert is not only mouth-watering but also kidney-friendly, reminding us that healthy lifestyle choices can play a vital role in protecting our organs.

This issue's "Interesting Facts About Our Members" highlights one of our distinguished Rotarians, giving readers a glimpse into the inspiring individuals who make our Rotary family so vibrant and dedicated.

With kidney disease affecting millions globally, and environmental factors such as rising temperatures, pollution, and access to clean water influencing health risks, this year's theme — "Kidney Health for All: Caring for People, Protecting the Planet" — reminds us that prevention, early detection, and sustainable healthcare are more important than ever. As Rotarians committed to the noble cause of organ donation, we must continue to move beyond awareness and work collectively to save lives through action.

Yours in Rotary,

IPP Rtn Lal Goel

Chief Managing Editor

Founder & Charter President

SAVING LIVES THROUGH KIDNEY HEALTH AND ORGAN DONATION



Rtn Lal Goel

**Founder & Charter President,
Rotary Club of Organ Donation International
Chairman: Organ Donation India Foundation & GYAN**

World Kidney Day 2026 – Kidney Health for All: Caring for People, Protecting the Planet

“If India strengthens organ retrieval systems and encourages brain-death donation, thousands of lives can be saved every year. The potential exists — what we need is awareness, infrastructure, and the collective will of society.” — Rotarian Lal Goel

World Kidney Day, observed annually on the second Thursday of March, is a global campaign dedicated to raising awareness about the importance of kidney health and reducing the increasing burden of kidney disease worldwide. Launched in 2006 by the International Society of Nephrology and the International Federation of Kidney Foundations, this initiative has grown into one of the most influential global health awareness movements.

Today, over 100 countries participate in World Kidney Day activities aimed at educating communities, promoting early detection of kidney disease, and improving access to treatments, including kidney transplants.

Kidneys play a vital role in maintaining overall health. They regulate blood pressure, balance fluids and electrolytes, remove metabolic waste, and produce hormones that support bone health and red blood cell production. Yet, kidney disease often develops silently and remains unnoticed until it reaches advanced stages.

Globally, more than 850 million people suffer from chronic kidney disease (CKD)—nearly 10% of the world's population. Alarming, almost 90% of these cases remain undiagnosed in early stages, when preventive interventions could be most effective.

Diabetes, hypertension, obesity, tobacco use, and unhealthy lifestyles are the main causes of kidney disease. With the rapid increase of these risk factors, kidney disease is becoming one of the major public health challenges of the 21st century.

For patients with end-stage renal disease (ESRD), kidney transplantation remains the most effective treatment. While dialysis can prolong life, it cannot fully replace the functions of healthy kidneys. Transplantation offers better survival rates, improved quality of life, and greater long-term cost effectiveness.

Organ donation plays a critical role in addressing the global burden of kidney disease. A single brain-dead donor can save up to nine lives through organ transplants and improve many others through tissue donations such as corneas, skin, bones, and heart valves.

However, the shortage of donor organs remains a significant challenge worldwide.

Global Perspective on Organ Donation

Countries like Spain, the United States, and the United Kingdom have established robust organ donation systems that substantially increase transplantation rates. Spain, notably, has consistently achieved over 50 deceased donors per million population, the highest rate globally. This success is due to strong hospital-based organ retrieval systems, dedicated transplant coordinators, and sustained public awareness efforts.

India, however, faces considerable difficulties. Despite having one of the world's largest burdens of kidney disease, India's deceased organ donation rate remains below one donor per million population.

India's Untapped Potential

India has approximately 138 million people living with CKD, and nearly 200,000 develop ESRD each year. Currently, about 500,000 patients await organ transplants, predominantly kidneys.

Simultaneously, India records over 180,000 road accident deaths annually. Many of these cases could potentially result in brain death recognition in hospitals.

If just 10% of brain-dead cases led to organ donation, India could harvest tens of thousands of organs each year. Since one brain-dead donor can save up to nine lives, strengthening deceased organ donation systems could transform India's transplant landscape and save thousands annually.

Many opportunities are lost due to limited Organ Retrieval Centres, a shortage of trained transplant coordinators, inadequate infrastructure in trauma hospitals, and low public awareness.

The Way Forward

Combating the kidney disease crisis requires collaborative efforts focused on prevention, early detection, treatment, and organ donation.

Raising public awareness about kidney health is essential, along with regular screening for individuals with diabetes, hypertension, obesity, or a family history of kidney disease.

Equally important is fostering a strong culture of deceased organ donation by establishing Organ Retrieval Centres in major hospitals or Mobile Organ Retrieval units, training transplant coordinators, and building trust within communities.

Key Facts

- * 850 million people worldwide live with CKD
- * Nearly 10% of the world's population is affected
- * 90% of kidney disease cases go undiagnosed early
- * 500,000 patients in India are awaiting transplants
- * Over 180,000 road accident deaths occur annually in India
- * One brain-dead donor can save up to nine lives

Simple Ways to Protect Your Kidneys

Prevent kidney disease with healthy habits:

- * Stay physically active
- * Control blood sugar
- * Monitor blood pressure regularly
- * Maintain a healthy weight
- * Eat a balanced, low-salt diet
- * Drink enough water
- * Avoid tobacco and excessive alcohol
- * Limit painkiller use
- * Get regular health check-ups
- * Support organ donation

A Call to Action

World Kidney Day transcends awareness; it is a global call to action.

Many continue to suffer in silence, and thousands die waiting for organs that are not available. Strengthening healthcare systems, increasing awareness, and societal commitment to organ donation are essential.

Everyone can contribute by caring for kidney health, encouraging screenings, and pledging to donate organs.

When life ends, the chance to give life begins. Organ donation turns loss into hope and grief into a lasting legacy of life.

Rotary | Club of
**ORGAN DONATION
INTERNATIONAL** RID 3141



World Kidney Day 2026 Saving Lives Through Kidney Health & Organ Donation

India Can Save Thousands of Lives Every Year
Through Brain-Death Organ Donation



5 Lakh
Patients Waiting
for Transplants

1.8 Lakh
Road Accident Deaths
Annually

One Brain-Dead Donor Can Save Up to 9 Lives.

**Turn Tragedy into Hope.
Pledge to Donate Organs, Save Lives.**

“Love your Kidneys, Leave a Legacy”

ORGAN & TISSUE DONATION

*Waters of life flow through every vein,
Offering strength to wash away the strain.
Renewing the spirit with each silent beat,
Leaving a legacy where hope and heart meet.
Daring to dream of a world made whole,*

*Kindness becomes the breath of the soul.
In every small choice, a garden can grow,
Delivering health in a rhythmic flow.
Nurturing others with the gift that we give,
Empowering weary spirits to live.
Yielding a future where shadows depart,*

*Donating life from the depths of the heart.
All of us joined in a brave, selfless stay,
Yesterday's hope is the world we save today.*



**Rtn Hemalatha Bhandari
President Elect**

HEALTHY FOOD - HEALTHY ORGANS

Sugar-Free & Oil-Free Bottle Gourd (Lauki) Halwa

perfect for Healthy Kidneys 🌿



Rtn Ruby Agarwal
Inspire Secretary

Ingredients

- 500g bottle gourd (lauki),
peeled & grated
- 2 cups skimmed milk
- 8–10 dates, pitted & blended to paste
- 4–5 cardamom pods, crushed
- 10 saffron strands soaked in 1 tsp milk
- 2 tbsp almonds & pistachios, chopped

Method

1. Prep lauki

Grate and squeeze out all excess water. The drier, the better.

2. Dry cook first

In a non-stick pan on medium heat, add grated lauki without any oil. Dry roast for 4–5 minutes stirring continuously until the raw smell goes away.

3. Add milk

Pour in skimmed milk and cook on medium-low heat, stirring frequently for 20–25 minutes until milk is fully absorbed and the mixture thickens.

4. Sweeten

Add dates paste and mix well. Cook another 3–4 minutes.

5. Flavour

Add cardamom and saffron. Mix thoroughly.

6. Serve

Garnish with dry-roasted nuts. Serve warm or cold.



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Rtn Prof Dr Nitin Agrawal
Club Member

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E-mail: nitin_agarwal33@yahoo.com

Profession: Teacher & Researcher

Family: Ankita Agarwal (Wife), Paawni Agarwal (Elder daughter) Harshita Agarwal (Younger Daughter)

Favourite Food: Indian Traditional Food

Favourite Holiday Destination: Vrindavan, Barsana

Favourite Book: Prem Ras Siddhanta

Favourite Song: *Lag ja galay ki fir yai hasi raat ho na ho*

Favourite Quote: "हिम्मत करने वालो की हार नहीं होती लहरों से डर कर नैया पार नहीं होती"

Date of Birth: 13th September

Wedding Anniversary: 28th January

Your presence on social media: Facebook, WhatsApp

Why did you choose to become a member of RC Organ Donation International: For satisfaction of my soul.



**SCAN
ME
FOR
QUICK
PLEDGE**

(Pledge your Organs to donate only after talking to your family members)